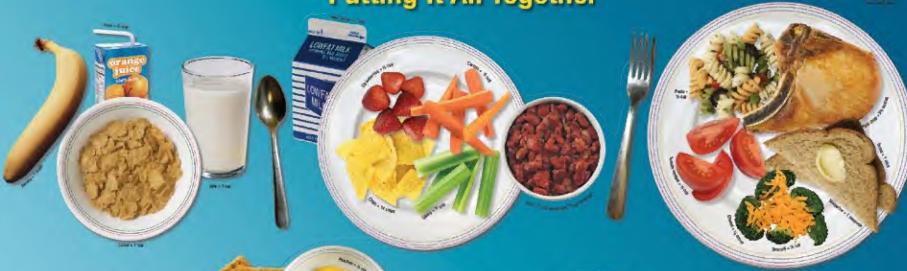
Food for a Day

Putting it All Together



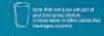
morning...



mid-day...



evening...





Amounts and types of food based on a total of 2,000 calories











